



wellnews

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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

As a male, what health questions should I ask my doctor?

by Chris Garrity, MS, ACE Certified Personal Trainer



June is National Men’s Health Month, which makes it a great time to consider what health topics you need to discuss with your primary care physician. Here are some ideas to consider next time you speak with you physician.

- Do I need to lose weight?
- Why is exercise so important and how do I know if I’m getting enough?
- How can I deal with all this stress in my life?
- Why do I feel so down (or anxious) so often?
- Should I be concerned that I’m not sleeping well?
- Why is my sex life not what it used to be?
- What tests or screenings do I need?
- How does my family history play into all this?

If you would like more support and guidance on improving or maintaining your health, talk with a health coach. For more information on men’s health topics, visit mensjournal.com/health-fitness/10-questions-dudes-forget-ask-their-doctors

Is organic food more nutritious?

by Jessica Robertson, MA, RD, CD



Health experts have long debated this question. In 2012 a massive meta-analysis (a study of other studies) was published. They reported no consistent differences in the vitamin content of organic and conventional foods. Only one nutrient (phosphorous) was significantly higher in organic versus conventional produce. Protein and fat content were also similar, except with organic milk, which contained higher levels of omega-3 fatty acids.

Organic foods can provide less pesticide and antibiotic exposure, but nutritionally they are about the same. If pesticides are a concern for you, check out the Dirty Dozen and the Clean Fifteen list at [EWG.org](https://www.ewg.org) to give you some guidance. But the bottom line is if you want healthier foods AND minimize your environmental impact, you should buy local—whether it’s organic or not. Check out your nearby farmer’s market and support local businesses.

Noblesville Schools Employee Health Center

Health Coach:

Alicia Robbins

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Hours:

Monday: 9am-2pm

Tuesday: 8am-2pm

Wednesday: 9am-6pm

(Wed. closed for lunch: 12-1pm)

Friday: 1-6pm

Saturday: 8-9am (Labs only)

and 9am-12pm

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FITNESS

Outdoor Training

by Mike Granato, NFPT CPT, ACE Certified Health Coach and Fitness Nutrition Specialist

Spring and summer are great times to start exercising outdoors. Follow these 4 tips to be successful and safe when working out in the fresh air.

Follow a program People often do the same movements and tempo repeatedly for too long when they don't follow a plan. Following a set program builds intensity, duration, and other variables over time. With a plan, you'll also adapt your program over time and will see better results to keep your muscles, bones, and joints healthier.

Shake things up If you do the same workout over and over, your body and mind could hit a plateau. Luckily, no two workouts are the same outdoors. The wind speed and direction will be different, the temperature will change, or multiple routes could be hiked. When you shake things up, your mind and body must adapt, and thus produce better results.

Use what is around you Most of us don't have access to hiking trails or a body of water, but it's usually easy to find a park or playground. Use benches for dips and push-ups. Monkey bars are great for stretching and practicing pull-ups. Put your legs to work by doing step-ups and calf raises on playground equipment.

Plan ahead Using nature as a gym can be cost effective, but there's one piece of gear that shouldn't be skimped on: shoes! They must fit well and be made for outdoor terrain. Look for shoes with grippy soles that bite into dirt with a wider outsole for more stability on rocks and uneven surfaces. Sunscreen and water are necessities all year round. Also, check the weather and plan accordingly. To beat the heat, pollution, and damaging UV rays, exercise first thing in the morning or around dusk.

For outdoor training ideas read "8 Outdoor Exercise Ideas for Active Older Adults" at acefitness.org/education-and-resources/professional/expert-articles/7622/8-outdoor-exercise-ideas-for-active-older-adults/

To learn how exercising outdoors can benefit your health, read "Get Out! 5 Benefits of Outdoor Exercise" at acefitness.org/education-and-resources/lifestyle/blog/6360/get-out-5-benefits-of-outdoor-exercise/





CILANTRO LIME SLAW FOR FISH TACOS

(or a side dish for your BBQ dinner)

- 1 cup plain full fat Greek yogurt
- ½ cup tightly-packed fresh cilantro
(hold some leaves out to add later
for color)
- ¼ cup freshly-squeezed lime juice
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 green onions (just the green tops)
- 2 garlic cloves
- (optional) 1 jalapeño or serrano
pepper, stemmed and cored
- 1 (14-ounce) bag cole slaw mix
(about 7–8 cups)

DIRECTIONS:

1. Combine the Greek yogurt, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic and jalapeño (if using) in a blender or food processor. Pulse a few times until the mixture is combined.
2. Place the cole slaw mix in a large mixing bowl. Drizzle the mixture on top of the cole slaw, then toss until they are combined. Season with extra pepper and/or lime juice if needed.
3. Serve immediately, or cover and refrigerate for up to 24 hours.

Nutritional Information —

8 servings, ½ cup per serving
 Calories: 43 Carbohydrate: 4g
 Protein: 3g Fat: 2g
 Fiber: 1g Sodium: 165g

Recipe adapted from Gimmesomeoven.com

NUTRITION

Meat-free Summertime Grilling

by Robin Stahl, RDN

We automatically associate the BBQ grill with meat, but there is so much more you can enjoy hot off the grill! Whether you choose charcoal, gas or wood grilling, the result is an outdoor experience that gets you out of the kitchen! Here are a few ideas:

Cut your pieces of food into equal-sized pieces for even cooking. Soak skewers in water for an hour so they do not char. Coat the grate with oil to decrease sticking. The experts recommend pre-heating your grill and leaving the lid on for as much of the cooking time as possible. Use a grill to cook foil packets, skewers, grill baskets and food straight on the grill rack. Techniques for grilling vary, but direct heat, indirect heat and smoking at low temperature are the main three.

Consider the vegetable realm. Put vegetables on skewers, in a basket or even right on the grill if they are large enough to avoid falling through. Toss them in sunflower or canola oil and your selected seasonings before putting them on the grill. Hold the addition of salt until they are grilled so they don't dry out.

Grilled fruit! The grill evaporates some of the moisture from the fruit so the natural sweetness of the fruit intensifies. Grill fruit slowly for 6-8 minutes at medium/low heat to ensure the fruit has caramelized properly without burning. Try pineapple, peaches, grapefruit and even berries. Fruit easily turns into a dessert recipe, which may be better for summer than heating up the indoor oven!



Tofu can be grilled successfully. Try extra firm tofu so it hangs together. Marinating will add flavor.

Burgers on the grill. Bean burgers, mushroom burgers and soy burgers all work great as long as you use foil on the grill surface to hold them from falling through.

Frozen pizza. This method of baking a pizza will add a smoke flavor and make a crispy crust. You'll need to use an indirect heat method and rotate the pizza during the cooking period.

Recipes are all over the internet, so try a non-meat food on your grill!

weber.com/IE/en/blog/dans-blog/5-easy-vegetarian-barbecue-recipes-and-top-cooking-tips/weber-2070512.html and the-grilling-spot.com/grilling-techniques.html



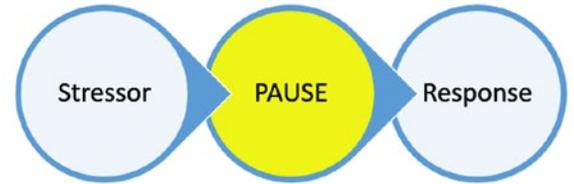
STRESS AND MINDFULNESS

From Resilience to Thriving

by Freddie Holmgren, MS, ACE, Intrinsic Coach

Humans have the innate capacity to cope with stressful situations. We also have the capacity **to be resilient and to thrive**. For many of us *coping* means to immediately react where our thoughts and emotions are highly charged and are often incomplete and inaccurate. To go beyond just coping, we must allow ourselves to pause before reacting.

Reactions come from our sympathetic nervous system; we can fight, flight or freeze. However, just allowing a moment's pause before reacting,



we give ourselves the chance for resiliency and thriving. **Resilience is the ability to bounce back from challenging situations. Thriving is effectively adapting to change by learning and growing through our response.**

Example: your teenage son heads out the door after school to play basketball. You know he should be studying and you've been after him for months to improve his grades. In reactive mode, you lash out in anger and frustration saying, "You're so lazy, you'll never get into college this way."

By pausing a few moments before reacting, we give ourselves the chance to be resilient and to thrive. With the first breath, observe your body; with the second breath, observe your emotions; with the third breath, observe your thoughts. Ask yourself: "What do I truly care about in this situation?" "What is one way I can proceed?" Now you're ready to respond in a meaningful way.

Let's return to the above example. You take three observation breaths and reflect on the qualities you appreciate about your son. What you truly care about is your son experiencing his best self. You decide on a way to proceed, telling your son, "Have fun. Let's talk after dinner. I'm curious to know what's important to you." While the stressor isn't solved, you have opened the door to potential, creativity, and greater meaning. That is thriving.



Summer Sounds

Featured Playlist

<https://spoti.fi/3vZdujY>

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

